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**Subject: Determine Nutritional Risk – Hematological Test for Anemia**

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Effective Date: October 1, 2004

Revised from:

**Policy:** A hematological test for anemia (hemoglobin or hematocrit) shall be collected and documented in KWIC at the time of certification based on the following guidelines. The hemoglobin or hematocrit shall be measured not more than 60 days prior to certification. The applicant's WIC categorical status on the certification date must agree with the categorical status on the date of the medical data.

**Reference: CFR §246.7****Procedure:****Infants**

- If the infant is < 6 months of age at the initial certification, a hemoglobin / hematocrit is not required until 9 - 12 months of age. Infants may be routinely screened at 12 months of age. LAs are encouraged to schedule this appointment prior to the infants first birthday.
- If the infant is 6 months of age or older at the initial certification, determine hemoglobin/hematocrit level according to standard laboratory procedures. Ideally this screen should occur between 9-12 months of age. Since this is a small pool of infants an exception is allowed to screen the hemoglobin / hematocrit in conjunction with the certification.
- The KWIC system will autocalculate the risk factor *Low Hemoglobin / Hematocrit*, if the hemoglobin is < 11.0 g/dl or the Hematocrit concentration is < 33%.

**Children**

- If the child is **not** a current WIC participant, determine hemoglobin/hematocrit level according to standard laboratory procedures.
- For current WIC participants, 12 - 23 months of age, determine hemoglobin/hematocrit level according to standard laboratory procedures.
- For current WIC participants, 2 - 5 years of age assess whether or not a hemoglobin/hematocrit is documented in the WIC record from the last certification.
  - If yes **and** it was within normal limits, no additional blood test is required.
  - If yes **and** it was low, obtain current hemoglobin/hematocrit.
  - If no, obtain current hemoglobin/hematocrit
  - The KWIC system will autocalculate the risk factor *Low Hemoglobin / Hematocrit*, if the hemoglobin is < 11.0 g/dl or the Hematocrit concentration is < 33%.

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**Pregnant Women**

- A hemoglobin / hematocrit must be collected at the certification visit. Evaluate based on the trimester in which the blood was drawn.
- The KWIC system will autocalculate the risk factor *Low Hemoglobin / Hematocrit, 1<sup>st</sup> Trimester*, if the blood work was drawn during the first trimester and the hemoglobin is < 11.0 g/dl or the hematocrit concentration is < 33%.
- The KWIC system will autocalculate the risk factor *Low Hemoglobin / Hematocrit, 2<sup>nd</sup> Trimester*, the blood work was drawn during the second trimester and the hemoglobin was < 10.5 g/dl or the hematocrit concentration < 32%.
- The KWIC system will autocalculate the risk factor *Low Hemoglobin / Hematocrit, 3<sup>rd</sup> Trimester*, if the blood work was drawn during the third trimester and the hemoglobin < 11.0 g/dl or the hematocrit concentration < 33%.
- If hemoglobin/hematocrit is low, refer to the Low Hemoglobin/Hematocrit during Pregnancy Nutrition Management Guideline.

**Breastfeeding Women**

- For breastfeeding women, 0 - 6 months postpartum a hemoglobin / hematocrit from after delivery must be collected at the certification visit.
- For breastfeeding women, 6 - 12 months postpartum, assess whether or not a hemoglobin / hematocrit has been documented in the WIC record since the last delivery.
  - If yes **and** it was within normal limits, no additional blood test is required.
  - If yes **and** it was low, assess if appropriate treatment and follow-up have occurred.
    - If yes, document the treatment and follow-up.
    - If no, obtain current hemoglobin / hematocrit.
  - If no collect a current hemoglobin / hematocrit
- The KWIC system will autocalculate the risk factor *Low Hemoglobin / Hematocrit* if the hemoglobin is < 12.0 g/dl or the hematocrit concentration < 36%.

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**Postpartum Women**

- A hemoglobin / hematocrit from after delivery must be collected at the certification visit.
  - The KWIC system will autocalculate the risk factor *Low Hemoglobin / Hematocrit* if the hemoglobin is < 12.0 g/dl or the hematocrit concentration < 36%.
1. An authorized health professional must collect or supervise the collection of medical data.
    - When a WIC staff member, who is not a Competent Professional Authority (CPA) is trained to collect the hematological data, supervision by the authorized health professional must be onsite.
    - Medical data may be collected at the WIC site or obtained from health care providers outside the WIC agency. If another health care provider provides the medical data, document the source in the note field next to the provided medical data.
  2. For detailed instructions on collection techniques and assessment, refer to the Biochemical Assessment Training Manual.
  3. Document the data in KWIC on the Medical Screen.
  4. Inform the participant or parent/guardian if there is a finding of anemia.
    - a. Provide appropriate nutrition education, and make the necessary referrals.
    - b. Document nutrition education and referrals in KWIC
  5. Exceptions to blood work policy
    - a. If an applicant/client has a medical condition such as hemophilia, osteogenesis imperfecta (fragile bones), or a serious skin disease, obtain medical data from another source or screen for risks other than anemia.
      - Document medical condition in the participant's record.
    - b. If an applicant/client refuses a hematological test due to religious beliefs, screen for risks other than anemia.
      - Document refusal in the participant's record.
    - c. Other exceptions are not allowed. If an applicant/client refuses a hematological test for any other reason, final eligibility will not be determined and benefits will not be provided until the required hematological information is collected at the WIC site or obtained from the client's health care provider.

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Category	Hematological Test Requirement
<b>Infant</b>	
<u>Certification</u> - 0 to less than 6 months of age	No hematological test required
<u>Mid-Certification</u>	No hematological test required
<u>Certification</u> - 6 to 12 months of age	Hemoglobin / hematocrit required
<b>Children 1 to 2 Years of Age</b>	
<u>Certification</u>	Hemoglobin / hematocrit required
<b>Children 2 to 5 Years of Age</b>	
<u>Certification</u>	<p>Hemoglobin / hematocrit required annually.</p> <p>A Hemoglobin / hematocrit is not required at the 2-year certification if 18-month blood values were normal.</p> <p><b>Exception:</b> if previous Hematological test was <u>abnormal</u>, repeat test every 6 months until normal.</p>

**Women's Hematological Test Schedule**

Category	Hematological Test Requirement
<b>Pregnant Woman</b>	
<u>Certification</u>	<p>Hemoglobin / hematocrit taken during current pregnancy required</p> <p>Evaluate the test results according to the trimester in which the test was taken.</p>
<b>Breastfeeding Woman</b>	
<u>Certification (Initial)</u>	Hemoglobin / hematocrit required after delivery.
<u>Subsequent Certification</u>	Hemoglobin / hematocrit not required if previous test was normal or if follow-up from a previous abnormal test documented.
<b>Postpartum Woman</b>	
<u>Certification</u>	Hemoglobin / hematocrit required after delivery.